

Greetings from InspireHealth

Dear ,

Happy BC Day!

Please note: all InspireHealth Centres will be closed on Monday Aug 7th
(British Columbia Day Observed)

New on the InspireHealth Blog: **STOCK UP ON BERRIES!!**

The wonderment of summer is finally upon us and the incredible benefit of berries are once again locally in season! They truly are nature's candy. Sweet, colourful, and loaded with the most amazing array of nutrients, they beat out processed candy hands down. [Read the full article here!](#)

Newsletter Schedule Update

As of September, we will be streamlining our email schedule. You can expect to receive short monthly notices containing class updates and calendars, while our blog updates and other news will be sent to you quarterly.

Seeking Volunteers for InspireHealth Gala

We are looking for volunteers to support our [upcoming 2nd Annual InspireHealth Gala](#) 'A Night to Inspire' on November 30th 2017, Vancouver.

There are many opportunities including:

- Event set-up at the Roundhouse Community Arts & Recreation Centre.
- Volunteer at the event, e.g. coat check, registration, selling raffle tickets.
 - Join the Sponsorship and Auction Committee.
 - Office administration pre and post-event.

If you are interested in volunteering for the gala, please contact Kirsty Munro at kmunro@inspirehealth.ca

Best wishes,
InspireHealth team

Vancouver Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. To continue to accommodate our growing number of members, **registration is required for all classes; please call 604-734-7125 to secure your place.**



CENTRE RENOVATIONS

From mid-July to the end of August the Vancouver centre is undergoing renovations. **Most classes and programs will be on hold during this time and will recommence in September. Thank you for your understanding.**

FIRESIDE INFORMATION SESSIONS UPDATES

Mondays 3:00 - 4:00 pm: Cancelled until further notice due to renovations

Thursdays 7:00 - 8:00pm: We will be meeting in the main floor office.

Please follow temporary signage upon arrival at the building.

UPCOMING TWO-DAY LIFE PROGRAMS

Sep 13/14 9:30 am - 3:30 pm

NUTRITIONAL LEARNING TUESDAYS

Join us in a group setting to explore and support your nutritional learning with these mini workshops. ***Please note: all classes below are subject to cancellation due to renovations of the centre this month. Please call ahead to secure your place and ensure the class is being held.***

Mindful Eating Tuesday, August 1, 1:30 - 3:00 pm

Blood Sugar Regulation Tuesday, August 15, 1:30 - 3:00 pm

Inflammation Tuesday, August 22, 1:30 - 3:00 pm

Clean Living Series - Food Tuesday, August 29, 1:30 - 3:00 pm

SUPPORT GROUPS

Young Adults with Cancer Support Group (18-39 years) (monthly)

Wednesday, Aug 16, 6:00 - 7:30 pm

Patient Support Group (weekly) Wednesdays, 2:00 - 3:30 pm

Support Person's Support Group (monthly) Wednesday, Aug 9, 4:30 - 6pm

Patient Support Group (monthly) Thursday, Aug 10, 5:30 - 7:00 pm

Men's Support Group for Patients (monthly) **No group in August**

YOGA, MEDITATION & EXERCISE CLASSES

Exercise classes, Yoga Nidra, Chair Yoga, Art Classes, Tai Chi, Qi Gong, Acupuncture and Cooking for Health Classes will resume this Fall.

For program descriptions, please visit [Classes](#)

Download the full [August Class Schedule](#)

For the most up to date schedule visit the [Vancouver Live Google Calendar](#)

Victoria Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. To continue to accommodate our growing number of members, **registration is required for all classes; please call 250-595-7125 to secure your place.**



UPCOMING TWO-DAY LIFE PROGRAMS

Aug 2/3 & Sept 6/7 9:30 am - 3:30 pm

YOGA CLASSES

Yoga Mondays & Wednesdays, 9:30 - 10:45 am

Gentle Yoga with Yoga Nidra Wednesdays, 5:00 - 6:15 pm

Gentle Yoga Fridays, 9:30 - 10:45 am

Calling all Thrifty Foods Shoppers!

InspireHealth is signed up for the Smile Card Fundraising Program. Help us reach our Fundraising goal! If you are a Thrifty Food's shopper, talk to us about how you can support InspireHealth without adding to your grocery bill. Thrifty's will donate 5% of the value that is loaded onto each Smile card to InspireHealth.

For program descriptions, please visit [Classes](#)

Download the full [August Class Schedule](#)

For the most up to date schedule visit the [Victoria Live Google Calendar](#)

Kelowna Centre Update

Classes and programs are open to all InspireHealth members unless otherwise noted. In an effort to accommodate our growing number of members, **registration is required for all classes; please call 250-595-7125 to secure your place.**



UPCOMING TWO-DAY LIFE PROGRAMS: **CHANGE IN DATES!**

October 4/5, 9:00 am - 3:30 pm

WEEKLY YOGA, MEDITATION & EXERCISE CLASSES

Exercise and Fitness Mondays, 9:45 - 10:45 am

Gentle Yoga Mondays, 11:00 - 12:00 pm

Restorative Yoga Tuesdays, 11:00 - 12:00 pm

Yoga Nidra Tuesdays, 12:15 - 1:00 pm

Meditation Wednesdays, 11:00 - 12:00 pm

Individualized Exercise & Fitness Thursdays, 9:45 - 10:45 am

MONTHLY CLASSES

Tai Chi/Qi Gong Tuesday, Aug 8, 9:30 - 10:30 am

Often described as meditation in motion, Tai Chi can improve coordination and balance while building muscle strength. This relaxing practice may help to soothe the nervous system through connection to your breath.

NUTRITION CLASSES

COOKING FOR HEALTH

Salads & Sprouts! Thursday, August 24th, 12:30 - 2:30 pm

Simple but versatile salads are a great way to make a meal! We'll share some new salad ideas and learn how to make delicious healthy dressings from scratch to replace processed dressings. We will also touch on the benefits of sprouts and teach you how you can grow your own.

NUTRITIONAL LEARNING THURSDAYS

Join us in a group setting to explore and support your nutritional learning with these mini workshops:

Stress Thursday, Aug 31, 11:00 am - 12:30 pm

Nutrition Q&A Tuesday, Aug 29, 11:00 am - 12:30 pm

AFTERNOON AT THE MOVIES

Join us for the first video session from the "Cooked" Series by Michael Pollan
Thursday, Aug 22, 11:00 am - 1:00 pm, Part 2 - Water.

OUR LIFE PROGRAM IS COMING TO YOUR COMMUNITY

Thursday, September 21, Kamloops

9:30 am - 3:30 pm @ Royal Inland Hospital - Ken Lepin Theatre

Please register in advance by calling 250-595-7125 or email
info-kel@inspirehealth.ca

For program descriptions, please visit [Classes](#)

Download the full [August Class Schedule](#)

For the most up to date schedule visit the [Kelowna Live Google Calendar](#)

Online Canada is our virtual centre that provides access to medical consultations, classes and programs online, as well as offering an outreach component to remote and rural communities.



Virtual Clinical Consultations - from the comfort of your home

Virtual visits are now available via secure video teleconferencing, enabling you to have face-to-face communication with a physician, clinical counsellor, exercise therapist, or nutritionist during your virtual consultation.

To schedule a virtual consultation please phone 1-888-734-7125.

Weekly Online Meditation

Every Thursday at 7:00 pm PST, join us for 45 minute meditation guided by an experienced meditation teacher. You will practice ways to calm body and mind, and support personal harmony and balance. You can sign-up on our [website](#), via the newsletter or research update link.

LIFE Webinar Series

InspireHealth's LIFE Webinar Series is a cancer care education program that you can access online from anywhere in Canada, including at your home or office. [You can watch the LIFE Webinar Series any time: visit our Video Library on our website.](#) The Four Part series includes:

Part 1: Foundations of Healing

Part 2: Self-Care and Support

Part 3: Nutrition - Inspired to Eat Healthy

Part 4: Physical Activity

1 million
\$750k
\$500k
\$250k
\$0k



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